

**QUAKERS HILL LITTLE ATHLETICS CENTRE**

**STAR AWARDS RECORD SHEET 2019-20**

**Age Group: U6G**

**Athlete Name:**

**Rego No.**

EVENT	c YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
50m	14.5			13.5			12.5			11.5			10.5		
70m	21.2			19.6			17.9			16.2			14.5		
100m	30.4			28.1			25.7			23.3			20.9		
200m	1-14.6			1-07.6			1-00.6			53.5			46.5		
300m	2-04.4			1-52.1			1-39.8			1-27.7			1-15.3		
Long Jump	1.19			1.55			1.9			2.26			2.61		
Discus	2.07			4.01			5.95			7.89			9.83		
Shot Put	1.48			2.17			2.86			3.54			4.23		
2018-19	Awarded			Awarded			Awarded			Awarded			Awarded		
Season	Verified			Verified			Verified			Verified			Verified		

**QUAKERS HILL LITTLE ATHLETICS CENTRE**

**STAR AWARDS RECORD SHEET 2019-20**

**Age Group: U7G**

**Athlete Name:**

**Rego No.**

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
50m	13.6			12.7			11.7			10.7			9.9		
70m	19.6			18.1			16.5			14.9			13.7		
100m	28.4			26.1			23.8			21.5			19.7		
200m	1-06.5			1-00.4			54.2			48.1			42.5		
500m	3-18.7			3-00.6			2-42.6			2-24.5			2.07.4		

Long Jump	1.48			1.84			2.21			2.55			2.8		
Discus	2.04			5.01			7.97			10.94			13.9		
Shot Put	1.64			2.52			3.36			4.22			5.09		

2018-19	Awarded			Awarded			Awarded			Awarded			Awarded		
Season	Verified			Verified			Verified			Verified			Verified		

**QUAKERS HILL LITTLE ATHLETICS CENTRE**

**STAR AWARDS RECORD SHEET 2019-20**

**Age Group: U8G**

**Athlete Name:**

**Rego No.**

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
70m	18.3			16.8			15.4			13.9			12.8		
100m	27.1			24.8			22.4			20.1			18.1		
200m	1-04.2			57.8			51.4			44.9			39.2		
400m	2-43.8			2-25.3			2-06.8			1-48.4			1-29.9		
700m	4-54.1			4-24.5			3-54.9			3-25.3			2-55.7		
60m H	23.5			20.7			17.9			15.2			13.4		
Long Jump	1.72			2.12			2.52			2.81			3.1		
Discus	2.61			5.44			8.29			11.13			13.98		
Shot Put	1.91			2.78			3.66			4.53			5.41		

2018-19 Season	Awarded		Awarded		Awarded		Awarded	
	Verified		Verified		Verified		Verified	

**QUAKERS HILL LITTLE ATHLETICS CENTRE**

**STAR AWARDS RECORD SHEET 2019-20**

**Age Group: U9G**

**Athlete Name:**

**Rego No.**

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
70m	16.7			15.6			14.4			13.2			12.1		
100m	23.9			22.2			20.5			18.8			17.1		
200m	57.3			52.3			47.4			42.4			37.4		
400m	2-17.7			2-05.2			1-52.7			1-40.1			1-27.6		
800m	5-31.1			4-57.9			4-24.7			3-51.5			3-18.3		
700m W	7-21.7			6-45.7			6-09.7			5-33.7			4-57.6		
60m H	19.1			17.3			15.6			13.9			12.1		

High Jump	0.75			0.8			0.85			0.9			1		
Long Jump	1.81			2.26			2.65			3.16			3.46		
Discus	4.11			7.03			9.97			3			15.84		
Shot Put	2.11			3.01			3.88			4.77			5.65		

2018-19 Season	Awarded		Awarded		Awarded		Awarded	
	Verified		Verified		Verified		Verified	

**QUAKERS HILL LITTLE ATHLETICS CENTRE**

**STAR AWARDS RECORD SHEET 2019-20**

**Age Group: U10G**

**Athlete Name:**

**Rego No.**

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
70m	15.6			14.6			13.6			12.7			11.7		
100m	22.6			21.1			19.5			18.1			16.4		
200m	57.3			52.3			47.4			42.4			37.4		
400m	2.09.7			1.58.1			1.46.4			1.34.8			1.23.2		
800m	5.08.5			4.39.1			4.09.6			3.40.2			3.10.7		
1100m W	11-26.2			10-29.4			9-32.8			8-36.2			7-39.7		
60m H	19.1			17.4			15.9			14.4			12.9		

High Jump	0.8			0.85			0.9			0.95			1.05		
Long Jump	2.17			2.57			2.97			3.32			3.62		
Discus	5.37			8.45			11.54			14.62			17.72		
Shot Put	2.64			3.63			4.56			5.52			6.48		

2018-19 Season	Awarded		Awarded		Awarded		Awarded	
	Verified		Verified		Verified		Verified	

**QUAKERS HILL LITTLE ATHLETICS CENTRE**

**STAR AWARDS RECORD SHEET 2019-20**

**Age Group: U11G**

**Athlete Name:**

**Rego No.**

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	21.2			19.8			18.4			17.0			15.6		
200m	49.5			45.7			41.9			38.1			34.3		
400m	2-05.7			1-54.4			1-43.1			1-31.6			1-20.3		
800m	4-56.9			4-29.2			4-01.5			3-33.8			3-06.1		
1500m	9.51.2			8.43.5			7.47.1			6.58.3			6.01.2		
1100m W	11-47.4			10-40.9			9-34.5			8-28.2			7-21.5		
80m H	21.53			19.85			18.41			17.12			15.95		

High Jump	0.9			0.95			1			1.1			1.15		
Long Jump	2.37			2.81			3.23			3.65			4.08		
Triple Jump	4.61			5.10			6.24			7.28			8.08		
Discus	5.89			10.84			14.34			17.91			21.05		
Javelin	3.01			6.42			9.1			13.85			17.02		
Shot Put	2.89			4.14			5.4			6.66			7.91		

2018-19 Season	Awarded		Awarded		Awarded		Awarded	
	Verified		Verified		Verified		Verified	

**QUAKERS HILL LITTLE ATHLETICS CENTRE**

**STAR AWARDS RECORD SHEET 2019-20**

**Age Group: U12G**

**Athlete Name:**

**Rego No.**

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	20.8			19.4			18.1			16.6			15.2		
200m	46.7			43.2			39.7			36.2			32.7		
400m	1-58.4			1-48.2			1-38.2			1-27.8			1-17.6		
800m	4-42.7			4-17.6			3-52.4			3-27.3			3-02.2		
1500m	9-15.7			8-24.5			7-33.4			6-42.2			5-51.1		
1500m W	15.24.9			14-26.7			13-00.6			11.34.4			10.25.2		
80m H	20.76			19.14			17.75			16.51			15.38		

High Jump	0.95			1			1.05			1.15			1.2		
Long Jump	2.4			2.91			3.33			3.78			4.21		
Triple Jump	5.1			6.09			7.08			8.07			9.01		
Discus	7.46			10.71			13.96			17.21			20.46		
Javelin	3.3			7.03			10.5			14.3			18.02		
Shot Put	3.61			4.93			6.25			7.56			8.88		

2018-19 Season	Awarded		Awarded		Awarded		Awarded	
	Verified		Verified		Verified		Verified	

# QUAKERS HILL LITTLE ATHLETICS CENTRE

## STAR AWARDS RECORD SHEET 2019-20

**Age Group: U13G**

**Athlete Name:**

**Rego No.**

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	19.6			18.3			17.1			15.7			14.5		
200m	45.5			41.8			38.2			34.5			30.9		
400m	1.52.05			1.38.78			1.26.54			1.16.47			1.10.31		
800m	4-44.9			4-17.8			3-50.6			3-23.5			2-56.3		
1500m	8.55.3			8-17.3			7-23.2			6-29.1			5-34.9		
3000m	22-08.5			19-31.4			16-54.4			14-17.3			11-40.2		
1500m W	13.52.3			12.48.5			11.31.8			10.28.5			9.46.3		
80m H	32.8			28.2			23.7			19.1			14.6		
200m H	49.8			46.1			42.2			38.4			34.6		

High Jump	1			1.05			1.1			1.2			1.25		
Long Jump	2.59			3.09			3.59			4.09			4.59		
Triple Jump	5.33			6.49			7.64			8.81			9.95		
Discus	8.41			12.33			16.26			20.18			24.11		
Javelin	5.78			7.72			11.82			15.92			20.03		
Shot Put	3.16			4.61			6.05			7.49			8.61		

2018-19 Season	Awarded		Awarded		Awarded		Awarded		Awarded	
	Verified		Verified		Verified		Verified		Verified	



**QUAKERS HILL LITTLE ATHLETICS CENTRE**

**STAR AWARDS RECORD SHEET 2019-20**

**Age Group: U/14 Girls**

**Athlete Name:**

**Rego No.**

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	17.9			16.9			15.9			14.9			13.9		
200m	39.3			37.2			34.7			32.5			30.2		
400m	1-46.2			1-37.3			1-28.5			1-19.6			1-10.8		
800m	4-18.5			3-57.3			3-36.1			3-14.7			2-53.5		
1500m	10-56.0			9-38.6			8-21.1			7-03.6			5-46.1		
3000m	15-53.4			14-55.6			13-56.6			12-58.2			11-59.7		
1500m W	13.20.3			12.12.5			11.16.9			10.17.3			9.38.5		
80m H	25.2			22.6			20.1			17.6			15.2		
200m H	44.2			41.3			38.7			36.1			33.4		

High Jump	1.05			1.1			1.15			1.25			1.3		
Long Jump	3.02			3.48			3.94			4.4			4.87		
Triple Jump	6.6			7.43			8.26			9.08			9.91		
Discus	10.01			12.12			17.22			20.66			23.15		
Javelin	3.72			12.81			14.81			18.16			24.41		
Shot Put	4.22			5.55			6.87			8.17			9.02		

2018-19 Season	Awarded		Awarded		Awarded		Awarded	
	Verified		Verified		Verified		Verified	

# QUAKERS HILL LITTLE ATHLETICS CENTRE

## STAR AWARDS RECORD SHEET 2019-20

**Age Group: U/15 Girls**

**Athlete Name:**

**Rego No.**

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	18.2			17.1			15.9			14.7			13.5		
200m	41.9			38.7			35.5			32.2			29.1		
400m	1-57.3			1-45.6			1-33.9			1-22.1			1-10.4		
800m	4-34.2			4-09.4			3-44.5			3-19.6			2-54.7		
1500m	10.51.2			9.31.6			8.17.5			6.59.3			5.48.9		
3000m	15.37.4			14.42.3			13.41.2			12.47.3			12.10.1		
1500m W	13.01.4			12.04.7			10.58.4			9.54.2			9.24.4		
90m H	32.3			28.2			24.1			19.8			15.6		
300m H	1.10.1			1.04.6			59.82			55.56			51.87		

High Jump	1.1			1.15			1.2			1.3			1.35		
Long Jump	3.02			3.52			3.87			4.29			4.63		
Triple Jump	6.78			7.45			8.26			9.02			9.86		
Discus	6.71			12.53			17.95			22.18			27.8		
Javelin	8.75			12.00			18.11			21.03			25.31		
Shot Put	4.22			5.84			7.47			9.09			10.71		

2018-19 Season	Awarded		Awarded		Awarded		Awarded	
	Verified		Verified		Verified		Verified	

# QUAKERS HILL LITTLE ATHLETICS CENTRE

## STAR AWARDS RECORD SHEET 2019-20

**Age Group: Senior Girls**

**Athlete Name:**

**Rego No.**

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	17.1			16.3			15.6			14.9			14.2		
200m	39.1			36.8			34.5			32.2			29.9		
400m	2-31.5			2-09.8			1-48.1			1-26.3			1-04.6		
800m	4-48.9			4-17.6			3-46.4			3-15.2			2.47.5		
1500m	11-51.3			10-17.5			8-43.4			7-09.3			5.44.2		
3000m	13-15.5			13-10.4			13-04.6			12-59.2			12-53.7		
1500m W	12.45.53			11.25.66			10.15.67			9.34.43			8.47.81		
90m H	19.6			18.2			16.8			15.4			14.1		
100m H	26.5			24.8			23.1			21.3			19.6		
300m H	1.08.41			1.02.98			58.33			54.19			50.41		
High Jump	1.15			1.2			1.25			1.3			1.4		
Long Jump	3.25			3.63			4.01			4.39			4.77		
Triple Jump	7.43			8.3			9.18			9.64			10.08		
Discus	14.15			17.38			20.61			23.83			28.21		
Javelin	10.77			14.51			19.11			24.24			28.99		
Shot Put	4.77			5.99			7.5			8.77			9.67		
2018-19 Season	<b>Awarded</b>			<b>Awarded</b>			<b>Awarded</b>			<b>Awarded</b>			<b>Awarded</b>		
	<b>Verified</b>			<b>Verified</b>			<b>Verified</b>			<b>Verified</b>			<b>Verified</b>		